**Mental Health Awareness Week**

**As it is Mental Health Awareness Week (14th – 20th May), here are some useful resources:**

[The Mental Health Foundation](https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week) **- Hosts of the awareness week. Lots of resources and ‘test your stress’.**

[BeMindful](https://www.bemindfulonline.com/) **– From the Mental Health Foundation. An online course to help improve mental health and wellbeing (free to try, £30 for full course). Evidence based with research studies confirming its effectiveness, it has**  been assessed and satisfied NHS quality standards for clinical effectiveness, safety, usability and accessibility.

**Digital tools to help you manage and improve your health**

**From the NHS, a beta (testing) site with information on apps that you can use for your health and care.**

**See the app list here:** <https://apps.beta.nhs.uk/>

**And how the apps are vetted here:** <https://apps.beta.nhs.uk/about-us/>

**‘What matters to you?’ day**

**6th June 2018**

‘What matters to you?’ day aims to encourage and support more meaningful conversations between people who provide health and social care and the people, families and carers who receive health and social care.

The campaign, which has been running in Scotland for the last two years, is going international this year. NHS England is working in partnership with Health Education England and Public Health England to get the English campaign up and running.

<http://www.whatmatterstoyou.scot/>

**NHS England SEND Website**

Thanks to the work of the Children with Complex Needs (CCN) Board at NHS England, SEND is now on the NHS England website. It will be being developed over the coming months and can be found here:

<https://www.england.nhs.uk/learning-disabilities/care/children-young-people/send/>

**Rare Revolution**

A new digital magazine giving a voice to patients affected by RARE conditions and the charities that represent and support them.

<http://www.rarerevolutionmagazine.com/>

**How can the NHS work effectively with patients and the public?**

An interesting blog from The King’s Fund that looks at some of the difficulties and contradictions around patient and public engagement:

[https://www.kingsfund.org.uk/blog](https://www.kingsfund.org.uk/blog/2018/04/nhs-work-effectively-patients-public?utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=9363528_NEWSL_The%20Weekly%20Update%202018-04-12&utm_content=ceinwenblogbutton&dm_i=21A8,5KOY0,P0P3L4,LNAYB,1)

**IMAGINE ID study**

A study aiming to collate information about children and young adults with a genetic diagnosis related to learning disabilities, as well as research to find out how genetic changes affect children and young people’s behaviour.

Parents are provided with a summary report after completion of the online questionnaire, which may be useful if undergoing other assessments locally.

For more information see: <http://imagine-id.org/>

**RCPCH ICYP Engagement Committee**

So many abbreviations! To interpret – Royal College of Paediatrics & Child Health (RCPCH) – Infants, Children & Young People (ICYP) Engagement Committee.

The Engagement Committee was started by the [&Us team](https://www.rcpch.ac.uk/work-we-do/working-children-young-people-families) at RCPCH to champion engagement with children, young people and parents. Although the RCPCH is concerned with all children, Contact have has a long relationship with RCPCH to raise the issues affecting disabled children & their families. Contact’s Strategic Health Lead sits on the committee (and others). The committee’s current priority is around workforce development on engagement – something that is very relevant to parent carer forums. More updates when work progresses but in the meantime –have a look at some of their existing resources :

[A briefing on engagement legislation](https://www.rcpch.ac.uk/resources/rcpch-us-engagement-legislation-briefing) – specific to children & young people but most are also relevant to parent carers and forums.

[How to write and engagement plan](https://www.rcpch.ac.uk/resources/rcpch-us-how-write-children-young-peoples-engagement-plan) – again specific to children & young people but useful as a guide for parent carer forums.

### **Personal health budget and integrated personal budget consultation**

The Department of Health and Social Care and NHS England have launched a [consultation on extending the legal rights to have a personal health budget or integrated personal budget.](http://intouch.cmail20.com/t/d-l-ouijka-puiulydhd-c/) The consultation runs until 8 June 2018. Following the Secretary of State for Health and Social Care’s [speech on social care reform](http://intouch.cmail20.com/t/d-l-ouijka-puiulydhd-q/) last month, the consultation seeks views on extending rights to a range of people, including those with social care and health needs, people accessing mental health services, and armed forces personnel who are leaving services and eligible for ongoing NHS care.

**Royal College of Physicians is looking for a Chair of their Patient and Carer Network.**

“This role presents an exciting opportunity to drive patient involvement and work collaboratively with one of the UK’s leading health bodies. The lay chair will be at the centre of health debates within the RCP, and help shape the future of healthcare across the UK.”

For more information see here: <https://jobs.rcplondon.ac.uk/VacancyDetails.aspx?VacancyID=530>

**Living with a rare condition: the effect on mental health.**

Rare Disease UK have recently published their report on the significant impact living with a rare condition can have on mental health, as well as the unmet mental health needs of patients and carers who frequently struggle to access support around these issues.

To read the report see here: <https://www.raredisease.org.uk/our-work/living-with-a-rare-condition-the-effect-on-mental-health/>